

## **Addiction**

It can be hard to determine if you or someone close to you has an addiction. To help, let's define addiction and describe its symptoms.

First, it is important to understand that addiction can be to a substance (alcohol or drugs) or to an activity (gambling, sex, pornography, shopping, or internet gaming).

Addiction is the repeated involvement with a substance or behavior despite substantial harm to oneself and others. The question to ask is: Are there significant negative consequences for my behavior (to myself or my loved ones) and the use or activity continues in spite of them? Below are common negative consequences of addiction – some easy to recognize and others less so.

<b>Legal – DUI, assaults</b>	<b>Decreased focus on important relationships</b>
<b>Financial problems</b>	<b>Poor memory</b>
<b>Marital conflict, separation or divorce</b>	<b>Gradual loss of one's adherence to one's own moral code</b>
<b>Neglect or abuse of one's children</b>	<b>Disrespecting the rights of others</b>
<b>Loss of motivation and productivity on the job</b>	<b>Failing to fulfill responsibilities</b>

Addictions are difficult to manage and the afflicted person has to work hard to stop addictive behaviors. Support groups such as Alcoholics Anonymous, Gamblers Anonymous, Overeaters Anonymous or Sex Addicts Anonymous are available to help. Many people also participate in outpatient or inpatient treatment for their addiction. Most inpatient treatment programs are at least 28 days. Outpatient programs can consist of both individual and group sessions.

EAP is available to help navigate the road to recovery. Consider scheduling an appointment with one of our counselors to help guide you. Addictions are also difficult for family members. EAP is available to family members to suggest ways to cope with the addicted person.

Reach EAP by calling 402-398-5566 or 1-888-847-4975.